



Steak Frites with Shallot Pan Reduction

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

- 1.8 pounds baking potatoes peeled cut into 1/2-inch sticks (2 large potatoes)
- 0.5 teaspoon pepper black divided freshly ground
- 2 tablespoons brandy
- 1.5 teaspoons butter
- 1 tablespoon dijon mustard
- 2 teaspoons thyme leaves fresh divided chopped
- 0.8 teaspoon kosher salt divided
- 0.8 cup less-sodium beef broth

- 2 tablespoons shallots finely chopped
- 1 pound rump steak boneless trimmed

Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Position 1 oven rack on the highest setting. Position another rack on the lowest setting.
- Preheat oven to 450
- Arrange potatoes in a single layer on baking sheets. Coat with cooking spray; sprinkle with 1/4 teaspoon kosher salt.
- Bake at 450 for 40 minutes or until golden brown, stirring potatoes and rotating pans halfway through. Toss potatoes with 1 teaspoon thyme.
- Heat a 12-inch heavy nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle both sides of steak with 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper.
- Add steak to pan; saut 3 minutes on each side or until desired degree of doneness.
- Remove from pan; keep steak warm.
- Add shallots to pan; saut 2 minutes.
- Add brandy; bring to a boil, scraping pan to loosen browned bits.
- Add beef broth, Dijon mustard, and remaining 1 teaspoon thyme; bring to a boil. Cook until reduced to 2/3 cup (about 3 minutes).
- Add remaining 1/4 teaspoon kosher salt and remaining 1/4 teaspoon black pepper.
- Add butter, stirring with a whisk.
- Slice steak.
- Serve with shallot pan reduction sauce and potatoes.
- Wine note: This classic dish deserves its classic match: cabernet sauvignon. If price is no object, opt for a top red Bordeaux from France. But to stay under \$30, a rich, full-bodied

cabernet from California will do the trick. The Geyser Peak Cabernet Sauvignon 2005 is a steal at just \$ Karen MacNeil

Nutrition Facts

PROTEIN 36.22% **FAT 19.08%** **CARBS 44.7%**

Properties

Glycemic Index:72.19, Glycemic Load:28.5, Inflammation Score:-8, Nutrition Score:20.596956522568%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 350.97kcal (17.55%), Fat: 7.08g (10.88%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 34.2g (12.44%), Sugar: 1.68g (1.87%), Cholesterol: 73.2mg (24.4%), Sodium: 647.21mg (28.14%), Alcohol: 2.51g (100%), Alcohol %: 0.84% (100%), Protein: 30.23g (60.45%), Vitamin B6: 1.39mg (69.52%), Vitamin B3: 10.52mg (52.61%), Selenium: 31.08µg (44.4%), Potassium: 1337.77mg (38.22%), Zinc: 5.34mg (35.61%), Phosphorus: 350.87mg (35.09%), Vitamin B12: 1.35µg (22.54%), Iron: 3.88mg (21.56%), Manganese: 0.41mg (20.46%), Magnesium: 76.65mg (19.16%), Vitamin B1: 0.24mg (16.22%), Vitamin C: 13.33mg (16.15%), Copper: 0.31mg (15.26%), Vitamin B5: 1.37mg (13.72%), Fiber: 3.1g (12.42%), Vitamin B2: 0.2mg (11.55%), Folate: 45.04µg (11.26%), Calcium: 67.64mg (6.76%), Vitamin K: 5.68µg (5.41%), Vitamin E: 0.46mg (3.04%), Vitamin A: 100.58IU (2.01%)